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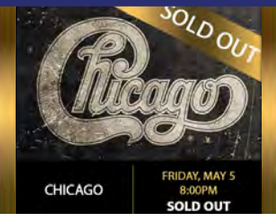

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PHOTO HIGHLIGHT

Ella Miller | Staff Photographer

Grant freshmen Sam Clouser (left) and Megan Wolverton (right) hammock Friday, April 7 in the Fabiano, Emmons and Woldt (FEW) courtyard. As the weather warms up, many students can be seen using the hammock poles in the dorm courtyards or the trees in the Fabiano Gardens to hang their hammocks.

On the cover **Nico Mendoza | Assistant Visuals Editor**

Senior Gaia Herrick poses for a Threads fashion shoot, Monday, Feb. 20, in Wightman Hall.

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INDEX

NEWS 8
A new approach to elections?
A look at the National Popular Vote Interstate Compact and what how it could change how we pick a president.

SPORTS 10
Post-season opinion
Women athletes changed the game long before Caitlin Clark.

REVIEW 12
Smash-hit adaptation
"The Super Mario Bros. Movie" is a loving re-creation of the fan fave.

ONLINE
Dance of diversity
An original theatrical production called 'You Can Win' debuted April 6.

PODCAST
Women in Sports
The women of the CM Life sports desk speak out about rising fandom following the NCAA women's tournament.

MISC.
Dishing out a Survey
CM Life is conducting a survey about the quality of our campus dining halls. We aim to hear from our community and gain feedback through this short questionnaire.

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Threads Fashion Show features new adaptive line

By Renae King
Staff reporter

Growing up, Gaia Herrick oftentimes felt left out. Without any positive depictions of someone with the same disability as hers, she felt out of place and unattractive. Now, many years later, she seeks to be the representation she never had growing up as a model in the upcoming Threads Fashion Show.

Herrick was born with muscular dystrophy, a degenerative, neuromuscular disorder that causes progressive muscular wasting. It means her body is unable to flush out the lactic acids — chemicals your body produces to break down carbohydrates — from her muscles. Herrick described her condition as a constant burning sensation in every muscle of her body, as though she were intensely exercising.

Herrick said that some areas of her body, like her legs, are stronger than others, so she is able to walk for short distances. However, she is still dependent on the use of a wheelchair to get around.

"Sometimes the pain is really awful, and sometimes it really sucks losing the ability to do things that I love, but generally the things that are the most upsetting is the ableism and the lack of accessibility in my environment," she said.

Herrick transferred to Central Michigan University from Kellogg Community College in the fall of 2018. She originally attended college to study genetics in the hopes of helping to develop treatments for genetic neuromuscular disorders in patients like herself. However, one of her genetics professors pulled Herrick aside and told her to consider changing her major because grad schools were unlikely to accept her.

Nico Mendoza | *Assistant visual editior*
Senior Gaia Herrick poses for a Threads fashion shoot, Monday, Feb. 20, in Wightman Hall.

"STEM is incredibly competitive, and it's also incredibly underfunded, so labs are not going to pay money to make them accessible when they could just bring in an able-bodied person to do it instead," Herrick said.

She was devastated. Her dreams of someday becoming a scientist and helping others seemed to vanish in front of her eyes.

It wasn't until one of her friends had later told her about a disability studies course that she was taking that Herrick's newfound passion was born. Herrick signed up for it the very next semester.

Through the course, she said she went through a journey of self-discovery and empowerment. Herrick said her professor and mentor, Dr. JoDell Heroux, was able to help her recognize that everything she had disliked about herself was from her own internalized ableism.

It was also during this time she had also learned that she could make a career for herself working in advocacy. She changed her major to public and nonprofit administration with minors in music, German and disability studies, and is now working towards a career to help those with disabilities in need.

While Herrick was disappointed her dream of becoming a scientist to help others like herself had not worked out, she was glad to be able to find a new career helping out those with disabilities.

Experience in activism

Despite her newfound career path, Herrick said she has been an activist for a long time.

"I am always seeking to challenge people's belief of what disability looks like and what disabled people are capable of," Herrick said.

Herrick said that she hadn't seen anyone like herself until she was 10 years old. Because of this, she described her earlier years as isolating and lonely. Being separated from the able-bodied children had made her feel out of place.

The beauty and fashion industries did not showcase people with disabilities like hers, Herrick said, and she felt left out. That caused her a lot of damage as she was growing up.

Now, she hopes to break the social stigmas surrounding those with disabilities through her involvement in the Threads Fashion show.

"I think it's such an empowering experience and in so many ways and so many aspects of my life I seek to be the representation that I never had growing up," Herrick said.

Fashion had always played a large role in Herrick's life, as her parents encouraged self-expression when she was younger. She described her fashion sense as constantly evolving growing up, and she was inspired by the many colorful garments her family would bring back to her from other countries.

"I loved seeing how diverse and wonderful different interpretations on fashion were," she said.

Herrick said her latest interest in fashion has been inspired by drag.

"I love how you don't have to limit your aesthetic to one thing. ... You could do masculine, androgynous, you can do feminine," she said. "If you wanted to, you could do alien and it was amazing. I absolutely fell in love with that."

Involvement in Threads

Herrick's participation in the Threads Fashion Show has been in the works since last fall.

Dr. Heroux had reached out to Herrick on behalf of student designers who were looking to do an adaptive line for the show. Herrick, who had always wanted to model for the show, immediately agreed.

> "I'm proud of my disability and there's no hiding it for me. It's very physically and visibly apparent and I think really taking pride in that identity is very empowering in and of itself"
>
> **Gaia Herrick**
> **Threads Model**

While Herrick has had previous experience modeling before, she said that this is her first time walking a runway.

This year's theme for the Threads Fashion Show is "Cosmic Odyssey" — one that Herrick is very excited for since she was told that there would be planets on the runway.

"It's over the top and I live for that," Herrick said.

She was featured in some of the show's promotional shots, and said that it was an exciting opportunity to have the creative freedom to put together a look. She loves the overall larger-than-life aesthetic of this year's show and looks forward to being able to represent those with disabilities in a beautiful and empowering way.

"I think for so long, disabled people haven't been associated with beauty and it's a shame especially considering that so many people are disabled — one in four Americans. ... If you live long enough, you will also have the honor of being disabled," she said. "So it seems kind of silly to not want to embrace the diversity of people."

Herrick said through her participation in the event, she hopes to show others that people like her can be bold and confident and help them see that a disability is nothing to be ashamed of.

"There's this assumption that we can't be sexy and attractive and confident in our bodies, and that is something that I'm always seeking to challenge," Herrick said.

With the help of her designer, Cassidy Marshall, Herrick worked to make the adaptive line powerful, sexy and empowering.

"Disability is a beautiful thing," Herrick said. "It's not something that you need to be ashamed of, it's not something that needs to be hidden. It's something that we can celebrate and love and value."

Herrick said one of the hardest parts of having muscular dystrophy has been coming to terms with her own mortality. While the expected lifespan for those with the disorder has been getting progressively longer, the life expectancy is still shorter than average lifespans.

Still, Herrick said she would not change her experiences if given the opportunity.

"I'm, in a weird way, kind of thankful for the perspective," Herrick said. "I am thankful for every season that I am able to experience, for every flower I get to smell, every sunset I get to see. ... I think that just the worst part is losing the ability to do the things that you love with the progressive weakness."

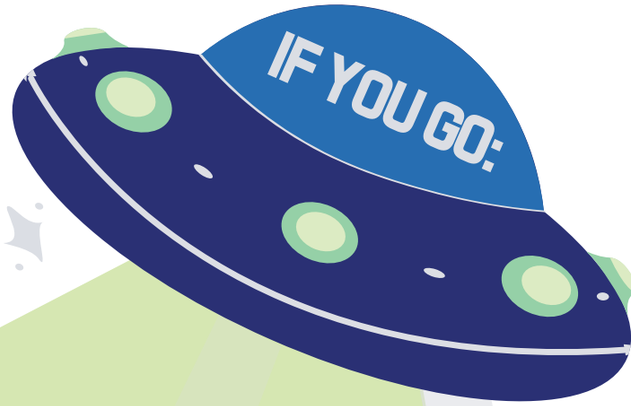
This, she said, is one of the battles of her internalized ableism that she is still trying to work through. Having to rely more on other people to be there for her as her condition progressively worsens and losing her independence has been tough on her.

"It's hard to have to rely and trust that other people can be there for you," Herrick said.

Still, Herrick puts much pride in her disability.

"I, of course, don't want people to only see me as a disability, but if people look at me and they don't see my disability then they're not seeing me," she said. "I'm proud of my disability and there's no hiding it for me. It's very physically and visibly apparent and I think really taking pride in that identity is very empowering in and of itself."

She hopes that on April 15, the day of the fashion show, people will be able to see the beauty and power within disabilities and come to realize they are confident and capable of doing anything.



What: Threads Fashion Show, "Cosmic Odyssey"

Who: Central Michigan University Fashion Merchandising and Design students, with support from faculty, staff and student models

When: 8 p.m. April 15

Where: Finch Field House

How much: Student and livestream tickets, $10; general admission tickets, $20; VIP passes, $100.

Info: threadsfashionshowcmu.com

‘I can be a different person every day’

Threads models, advisor talk fashion and its role in culture

By Annaliese Damm
Staff reporter

Threads, a student-run production at Central Michigan University, is hosting a Threads Fashion Show at 8 p.m. on Saturday, April 15 at the Finch Field House.

Ian Mull, faculty advisor and professor in the fashion and interior design and merchandising department, said: “Threads Fashion Show is a student-run event that is put on annually by the majority of our students in fashion merchandising and design. But it really is a multidisciplinary event.”

Students can get involved in Threads in a variety of ways. According to cmich.edu, students can showcase their skills and talents in not just fashion design or modeling, but also in areas like photography, graphic design, public relations, stage lighting and design and video production. Mull said different departments get involved in marketing and broadcasting of the event. And if students want to model or design for their shows, he said, Threads is always taking applications.

Mull emphasized that this production showcases CMU students’ talent.

“It gives [students] a broad skillset they can apply to any industry,” he said. Whether students learn teamwork, organization, designing and producing, networking or marketing, he said there is something for everyone.

“All the different places, all the different departments, all the different people that Threads reaches ... it’s a lot,” Mull said. “It reaches almost every part of this university.”

This year, the theme is “Cosmic Odyssey - Fashion’s Final Frontier.” Photos of models on threadsfashionshowcmu.com give a glimpse into what these styles will look like, with bold colors, black leather and vintage jackets.

According to disabledbeauty1.wixsite.com, Threads collaborated with the Fashion Merchandising and Design Department, the Department of Communication Sciences Disorders, the Clarke Historical Library and student designers to create dis(ABLED) BEAUTY. Dis(ABLED) BEAUTY was a design competition that created an exhibition designed to highlight the importance and fight the stigma surrounding prostheses devices for people who are disabled.

With this collaboration in mind, Threads is incorporating “adaptive garments” to their fashion show this year.

“There’s certain groups that aren’t represented on the runway. One of those groups is people with disabilities,” Mull said. “How can we make fashion more inclusive?

“Making [fashion] accessible to all different types of bodies was our goal this year,” he said.

Getting a glimpse into Mull’s classroom, his students were busy discussing the upcoming show. Threads is a big part of Mull’s life, and he shared his enthusiasm for it.

“It is always so amazing to me to just really watch how much [Threads students] grow and develop as human beings, as people, as professionals,” he said. “I see the benefits firsthand.”

What fashion means to CMU students

Dylan Clifford, a sophomore and fashion design major, as well as a model in this year’s show, discussed the link between fashion and personal expression.

“Fashion shows each person’s inner workings and how they represent themselves,” Clifford said. “It’s fun to see everyone’s choices, what they choose to wear and how they wear it.”

Nico Mendoza | *Assistant visual editior*
Threads Fashion Show models Dylan Clifford and Jill Harrington pose during a publicity photo shoot. The annual student-run production will take place at 8 p.m. April 15 at Finch Fieldhouse.

Jill Harrington, a senior majoring in journalism, is modeling this year for the second time. She talked about why she enjoys fashion.

“I can be a different person everyday depending on what I wear,” she said. “It also impacts my attitude and makes me more confident to be wearing something that I feel cool in.”

For junior and fashion merchandising major Cheveney Koski, this will be her first time modeling with Threads. She expressed her excitement over getting the chance to change the fashion industry as people know it today — how models must be built one way and be one size.

“No one looks the same, no one has to dress the same,” she said.

Maleah Yap, a freshman majoring in anthropology, will be modeling in Threads for the first time. She talked about what fashion means to her and how it’s important to look outside the box.

“There are no boundaries. You can do whatever you want with it. They’re clothes. Wear them how you want to,” Yap said.

Laura Lubahn, a freshman and advertising major, agreed.

“I wish more people played around with different [clothing] pieces,” she said.

Jude Eragbai, majoring in finance as a freshman, modeled in the African Student Association (ASA) fashion show. Eragbai wore traditional African attire and walked the runway to Afrobeats, music popular to the West African region. He said the ASA fashion show allowed him to share his culture with other people.

“It meant a lot to me,” Eragbai said.

Taking into consideration the fashion industry today, Mull said it influences everyone.

“As I look at fashion and the fashion industry, it affects every single one of us. We put on clothes every morning,” Mull said. “We put on garments every day that represent who we are, how we feel about ourselves.”

Mull said he thinks a lot people assume fashion is exclusionary, but he disagrees.

“It’s aesthetic, it’s social, it’s representational, but it’s also functional,” he said. “It can create community, it can create a sense of belonging.”

Fashion show tickets

Threads tickets are on sale online at threadsfashionshowcmu.com, or people can purchase tickets at the door on Saturday. There is also a VIP reception event, for which tickets can also be purchased online. This event includes a pre-party with drinks and hors d’oeuvres, as well as special VIP parking, front-row seats at the show and a goodie-bag.

FEATURE

Finding their place

By Masha Smahliuk
Staff reporter

Editor's note: Presentation Editor Caroline Sharbaugh was one of the students involved in the graphic design capstone. In no way did this impact the editorial content or visual presentation of this piece. This page was designed by Akhila Sannidhi.

Imposter syndrome, awkwardness going into a new workplace, attachments and other topics are explored in the Graphic Design capstone class project called "Out of Place." The exhibition of student-made designs, pictures, videos and student portfolios can be found in the Central Michigan University Art Gallery through April 15.

Clark Most is a CMU faculty member in Art and Design who taught the capstone class, Art472, this spring.

"(Out of Place) topic is something that is extremely relatable, especially to students that are going through ... university life. But it doesn't fall into the category of anything that has had a lot of exposure where people are getting tired of it," Most said.

Eighteen students worked on the project: Brett Best, Brianna Dell, Evan Dodge, Eric Estes, Clay Grabow, Jamie Haisma, Angela Hanners, Gloria Heye, Lauren Hunt, Christen Karasinski, Isabel Karnes, Kunyah Li, Raegan Luxford, Quinn McCraffey, Toni Mires, Claudia Persons, Caroline Sharbaugh and Mahogany Wells, according to the CMU website.

What is the Graphic Design capstone?

"A capstone for graphic design specifically is an exhibit or an art show held in the gallery," senior Luxford said.

CMU's capstone project is unique in that instead of a regular thesis, students get hands-on experience creating their own designs and exhibition, Most said.

"We're developing these larger-themed exhibits, which are excellent preparation ... for the workforce, but also a bridge between academia and ... visualized graphic design," he said.

Students started working on the project last semester when developing the general aesthetic and concept for the show, Most said. This semester they had 10 weeks to put together the exhibit.

"The timeline was really tight," Most said. "That was a huge challenge."

The project is a curated, themed show "where all students were involved in creating one large concept and story that they were telling in the main gallery," Most said.

Abby Jenkins | *Staff Photographer*

Individual attachment items are displayed at the "Out of Place" Graphic Design BFA Exhibition on Wednesday, April 5 in the University Art Gallery. The exhibition is on display from April 1 to April 15.

Abby Jenkins | *Staff Photographer*

Individual portfolio work of graduating senior Graphic Design students at the "Out of Place" Exhibition on Wednesday, April 5 in the University Art Gallery. The exhibition is on display from April 1 to April 15.

Students worked in small teams, and each was responsible for their own part, such as research for the exhibit, design work, filming videos, writing and drawing conclusions, Most said. Students used motion graphics, developed websites and made a booklet that showcased their portfolios.

Through their art and design, they talked about how imposter syndrome forms, shared their childhood attachments, and discussed their college experience during COVID-19, anxieties and other topics related to the theme.

"Each of the parts of the exhibit serve a different purpose and a different outcome," Most said.

The idea for the theme was developed by Luxford and Gloria Heye.

"I just really wanted people that were reading wherever in the gallery ... to feel ... and really be able to relate to that other people feel this way too, that they're not alone," Luxford said. "I feel like a lot of people think that they feel out of place."

Developing the theme

Since some students are graduating this spring, they can relate to the topic, Luxford said.

"At some point in life, we're all going to feel out of place," she said.

"'Out of Place' refers to the anxiety that a lot of people feel when they go through transitions, for example, graduation. ... But it also applies to other things that people (experience) throughout their lifetime," Most said.

During the transition from college to workforce — with the challenges of finding an apartment and finding a job — students might experience this the most because they are leaving their attachments, Luxford said.

"I think that most people have a feeling like (imposter syndrome) throughout their life, regardless their position and capability," Most said. "Every time you make the transition switch to a different job or try something new, you're going to ... feel a little bit uneasy about it at that."

The exhibition offers solutions to these problems, as well as touches on tips on developing emotional intelligence, how to have a better self-awareness and how to direct those feelings into something that propels one forward in life, Most said.

"In the end, many of the things that happen to us we have control over," Most said. "We have control over things if we react to them in the right way."

The exhibition is open Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday from 11 a.m. to 3 p.m. or by appointment the University Art Gallery, 251 E. Preston St. The exhibition closes at 3 p.m. April 15.

For more information on this story, visit WWW.CM-LIFE.COM

Inside the National Popular Vote Interstate Compact

By Lauren Rice
Staff Reporter

The electoral college is a process that comes into question every four years, when the U.S. presidential election rolls around. And because it can override the popular vote, that's for good reason.

"We elect some 514,000 ... officials in this country, all of whom are elected by who gets the most votes, [except for] one, and that's the president," said Saul Anuzis, former chairperson of the Michigan Republican Party.

Anuzis was at Central Michigan University with Mark Brewer, former chairperson of the Michigan Democratic Party, to hold a forum on the National Popular Vote Interstate Compact.

This compact is intended to change the system to one that elects the President of the United States by popular vote, rather than by the electoral college.

The forum Tuesday night was organized by three different on-campus student organizations: Central Civics, College Democrats and College Republicans at CMU. It was an opportunity for individual organizers and audience members to ask questions.

There was a lot of information shared, but it breaks down into a few categories.

What the heck is NPVIC?

Before a person can understand what's changing, they need an idea of what already exists.

Right now, and since the signing of the U.S. constitution, presidents and vice presidents have been elected by receiving a majority of state-by-state electoral college votes, rather than by the popular vote like any other elected position in the state, federal or local government.

Candidates need a majority of 270 electoral college votes, from the 538 possible, to win the presidency.

So what would change? The consistency.

"There would be a perfect alignment between the electoral college vote and the National Popular Vote," Brewer said.

An FAQ page distributed by Central Civics explained the systemic changes, which are minimal.

"Election officials in all participating states would choose the electors sworn to support the presidential candidate who received the largest number of popular votes in all 50 states and the District of Columbia," according to Central Civics.

Brewer explained the change, grounded in the Constitution, this way:

"So, (what) the National Popular Vote would do through an interstate agreement, authorized by the Constitution, is that we would tally up all the votes from all the states and all the voters, and whoever gets the most votes, the electoral college votes will be cast for that person," Brewer said.

At this point, 15 states and Washington D.C. have already signed on to the NPVIC.

Norma Bailey is co-chair of the Central Votes Coalition. She came to the event to learn.

"I wanted a better understanding of what the National Popular Vote is," Bailey said.

She added that she has a better idea of what's going on, but plans to continue learning about the compact.

Swing states and campaigns

During the forum, Brewer and Anuzis were in agreement that this would change the way presidential campaigns happen, and it centers on the importance of swing states.

"The problem we have today is four out of five Americans live in a state that is either decidedly Republican or decidedly Democrat," Anuzis said. "So what that means is four out of five Americans, when it comes to presidential politics, are completely ignored."

Anuzis used the example of Republicans in California. Based on population, he said, there are a higher number of Republicans there than in 27 other states, but they're stuck behind a "blue wall" of Democratic majority within the state.

This problem comes to

fruition when electoral college votes in a state only represent the majority. Under the NPVIC, all of those uncounted minority votes would contribute to a national total.

The same logic applies to Democratic votes in states that are currently red.

Brewer explained that the National Popular Vote would incentivize more equal campaigning across states.

"Democratic candidates now for president don't campaign in Mississippi, Alabama, Louisiana," Brewer said. "We don't campaign in red states, because it's not worth the time and money and effort. But under the National Popular Vote, where every vote in every part of the country is important, they would have an incentive to do that."

Anuzis said that battleground states, where presidential candidates tend to focus their campaigns, get higher voter turnout than others.

"If you take a look at battleground states on average, they have 9% to 13% higher voter turnout," Anuzis said. "A good competitive battleground state is voting between 74% to 78% voter turnout."

Brewer used Michigan as an example of how campaigns could change under the National Popular Vote.

"Michigan is pretty polarized, as most states are, by geography," Brewer said. "And frankly, when Democratic presidential candidates visit here they don't visit rural areas of Michigan — certainly not to my satisfaction — even though there are Democrats all to be found throughout Michigan.

"This would incentivize them in every state to visit those regions, even where there may not be a heavy concentration (of) Democrats," he continued. "They would visit more than just the big cities or the blue suburbs. They would have an incentive to not only visit but also spend resources with staff and other efforts into the entire state. Because again, every vote, no matter where you get it, is going to count. So I think this is actually going to enhance the presidential campaigns."

Bipartisan benefits

In today's political scene, it's notable to see bipartisan legislation. So where is this one coming from?

This bill has already been passed by 15 states and Washington, D.C., so in that sense it operates like a petition. Every state legislature that passes it is signing on its support.

When the number of electoral college votes from states that have passed the NPVIC represents a majority of 270 or more, elections for president (and vice president) of the United States will reflect the total popular vote of participating states.

Anuzis said it's a vote of confidence by both parties.

"We can fundamentally disagree on who has a better shot at marketing our case to the American people, but in the end, at least it's fundamentally fair," he said.

Anuzis also responded to questions about the 2016 presidential election, where former President Donald Trump was elected into office by the electoral college, not the popular vote. So the question becomes: Is this a disadvantage to the Republican Party?

Anuzis said no. He said that because the minority votes in 40 of 50 states are largely being ignored under the current system, it would be difficult to measure the amount of Republican support that actually exists across the country.

Lauren Rice | Staff Photographer

College Republicans President Alyssa Patterson asks a question about the National Popular Vote Interstate Compact during a forum on Tuesday, April 11, 2023.

Emily Bredin is a junior at CMU and a member of the College Republicans. She said she has a better understanding of where supporters are coming from, but her mind isn't fully made up yet.

"I wouldn't say I'm necessarily in favor or opposed to it (NPVIC)," Bredin said. "There's parts that I disagree with, and I don't think it would really change what's going on."

Anuzis pointed to the bipartisan nature of his working relationship with Brewer. He said the two have an oppositional relationship on the floor of the state Legislature, but they work to keep lines of communication open.

"We both want to do what is in the best interest of our state, our country and the party and movement we believe in ... we just have a different way of doing it," he said.

CMU looks to replace women's head basketball coach

By Kaia Zimmerman
Assistant Sports Editior

Following a 6-23 season for Central Michigan women's basketball, CMU Athletics announced April 6 that head coach Heather Oesterle will no longer lead the team and a search has begun for her replacement.

In her four years as head coach, Oesterle went 51-64 overall and 35-40 in Mid-American Conference play.

Oesterele took on the head coaching role in the 2019-20 season where she led the team to a 23-7 finish and MAC regular season champions. In the following year, the Chippewas were crowned the 2021 MAC Tournament Champions.

However, CMU had two consecutive losing seasons through 2021-23, going 10-48 through the two year stretch.

Before she was head coach at CMU, Oesterle served nine years under Sue Guevara, with seven of those as the associate head coach.

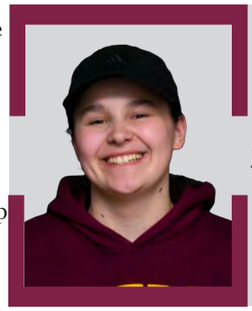
Associate head coach Courtney Shelton will serve as the interim head coach until CMU Athletics finds a replacement.

Nate Pappas | *Visual Editor*

Head coach Heather Oesterle talks to her team during a time out, Jan. 13, 2022, in McGuirk Arena.

OPINION

Why are you just now paying attention?



Kaia Zimmerman

Assistant Sports Editior

When Iowa guard Caitlin Clark made history with the first 40-point triple-double in the Elite Eight against Louisville, she grabbed people's attention and made them see what women's sports is about.

Because of this, the NCAA women's basketball tournament made waves this year, with more people paying attention than ever before.

In terms of viewership, the championship game between Iowa and Louisiana State was the most viewed Division I women's basketball game of all time. The Elite Eight matchup of Iowa versus Louisville had more viewers than any NBA game this season.

But why are people suddenly more intrigued?

One answer is Clark. She had one of the best tournament showings of all time. Along with the history-making performance against Louisville, she also broke other records including most points ever in the NCAA tournament (mens or womens) with 191, most three-pointers in a NCAA women's championship with eight and was named AP Player of the Year, along with many other accolades.

But this isn't the first time Clark has done this. She hasn't just started pulling up from the logo and nailing three-pointers, and she didn't just start putting up crazy numbers. In fact, she has been dominating at the guard position since she began, winning the Dawn Staley Point Guard of the Year award for three-consecutive years.

Her numbers for the last three years are almost identical, averaging over 26 points per game since her freshman year. People just realizing Clark's talent need to catch up.

And if you think that Clark is the first player to have this big of an impact on the game, start paying a little more attention because, while she is one of the greatest ever, there are players who came before her that changed the way we see women's basketball.

South Carolina's Aliyah Boston, the No. 1 overall pick in the 2023 WNBA draft, was one of Clark's competitors this year and was the reigning AP Player of the Year. She raked in awards all throughout her 2022 season, averaging a double-double with 16.8 points and 12.5 rebounds a game while also putting up 90 total blocks.

Just two years ago, UCONN guard Paige Bueckers was taking women's basketball by storm during her freshman year; she averaged 20 points, 5.8 assists and 4.9 rebounds a game. She was unstoppable beyond the three-point line, and her shifty dribbling moves made her a dominant force. Unfortunately, Bueckers has been sidelined due to injury for the past two years, but she will make her return to college basketball next season.

The list of players goes on, from Arike Ogunbowale and Sue Bird to Diana Taurasi, Breanna Stewart and so many more. There have always been playmakers in women's basketball, so why are you just paying attention now?

As the madness has come to an end, remember the amazing performances that we saw throughout the tournament and keep the momentum going in a positive direction. This tournament didn't show us that women could play -- people who have been paying attention have already known that -- this tournament showed us that people are just now starting to recognize that talent.

However, there seems to be a lot of attention on the wrong thing, the drama.

At the end of the championship game when LSU defeated Iowa, trash-talking and player etiquette was the topic of conversation, not the performance of the newly crowned champions. With seconds left in the championship game, Tigers forward Angel Reese was trash-talking and waving her hand in front of Clark, mocking the Iowa guard's behavior earlier in the tournament.

This caused all the controversy with everyone wanting to share why their opinion was right. However, there is no reason to focus on it. Why is that the conversation we are having when LSU scored 102 points in the championship game, when Reese broke the record for most double-doubles in a season, and when Jasmine Carson came off the bench to drop 21 points in the first half?

It's because people don't like to see confident women. They don't like it when women don't stay in the small box that society has created and labeled as having "class." Reese, Clark and other players are refusing to stay in that box.

People want to send the narrative that women are going against each other or that there is some kind of "beef" between the two, when they both denied it. Stop looking for a reason to spread hate and portray women athletes as "classless" or "disrespectful". I can guarantee you male athletes have done way worse when it comes to those acts. People are just not used to a woman doing it and showing her power.

In fact, in the men's championship of this year, UCONN's Donovan Clingan waved at San Diego State players and fans to taunt the Aztecs. There was almost no coverage of him doing that and if there was, in no way was his action labeled "classless." It was instead celebrated.

The bottom line is women's sports have always been interesting, people just didn't want to care. Well, now that Clark and Reese have your attention, keep paying attention — not because they waved their hands in their faces, but because these players are going to forever have an impact on the way we see the game.

UPCOMING EVENTS

Engage in your community and see what's happening

4/14 Friday

Behind the Curtain: explore CMU fashion merchandising and design programs
11 a.m. to 4 p.m.
Education and Human Services building

*Register on cmich.edu to attend

4/15 Saturday

Improv Show: Hypothetical Fistfight, featuring MSU's Roial Improv
8 p.m.
Anspach 161

*Free to attend

4/16 Sunday

Earth Week: Hike and Write
1:30 to 3:30 p.m.
Bundy Hill Reserve

*Free and open to students

4/17 Monday

Period Sustainability Night
5:30 to 6:30 p.m.
Dow Science Complex 108

*Register on engage central to attend

4/18 Tuesday

LGBTQ and Faith: potluck and panel Q&A
6 to 8:30 p.m.
Wesley Church

*Free to attend

4/19 Wednesday

Duct Tape Crafts
4 to 5 p.m.
Mount Pleasant Discovery Museum

*Admission required

4/20 Thursday

UTDC Dance Concert with Japan's Masashi Action Machine
7:30 to 9:30 p.m.
Bush Theater

*Tickets available via CMU Department of Theater and Dance Facebook page

4/21 Friday

Dabke Presentation for Arab American Heritage Month
6 to 7:30 p.m.
Bovee University Center front lawn

*Free and open to students

4/22 Saturday

Indian Night
5 to 10 p.m.
McGuirk Arena

*Register on Engage Central to attend

4/23 Sunday

Education Conference
12 to 4 p.m.
Education and Human Services Room 108

*Register on Engage Central to attend

4/24 Monday

Paint a Brick for Stonewall by oSTEM
5 p.m.
Dow Science 179

*Free to attend

4/25 Tuesday

Speaker Series Presents: Nic Stone
8 to 9 p.m.
Plachta Auditorium

*Free and open to public

4/26 Wednesday

Aqua Yoga and Meditation
4 to 4:45 p.m.
Pool at Student Activity Center

*Free and open to public, register at Engage Central to attend

4/27 Thursday

Shepherd Maple Syrup Festival
10 a.m. to 11 p.m.
Downtown Shepherd

*Open to public until April 30

4/28 Friday

Arabic Calligraphy: Arab American Heritage Month
2 to 4 p.m.
Center for Student Inclusion and Diversity

*Free and open to public

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Movies

Review: 'The Super Mario Bros. Movie' is a smash-hit success

By Carter Salley
Staff reporter

I saw "The Super Mario Bros. Movie" at Celebration Cinema and it's a good time to be had.

After being sucked into a mysterious pipe from his home turf in Brooklyn, N.Y., Mario is thrusted into an exciting adventure: To rescue his brother Luigi from the fearsome Bowser as he plans to conquer the Mushroom Kingdom and take Princess Peach as his bride in marriage. It's a movie with lots of humor, action, passion and emotion pumped into it.

This movie was clearly made with lots of love and care for the Super Mario franchise, as there are gaming references everywhere. As a nod to "Donkey Kong 64," for example, D.K. makes his cinema debut to his theme rap.

Chris Pratt's Mario is a miracle, as his version of character's voice is almost exactly how you would imagine Mario to sound. Pratt nails the Italian accent; I loved his

Mario (Chris Pratt) and Luigi (Charlie Day) in Nintendo and Illumination's 'The Super Mario Bros. Movie,' directed by Aaron Horvath and Michael Jelenic. © 2023 Nintendo and Universal Studios

version and I think he ended up being great casting for the character.

The voice performances for Luigi and Bowser were also standouts. Charlie Day as Luigi was perfect, and some of the imagery in the movie makes me yearn for a "Luigi's Mansion" movie. Day's frantic and nervous delivery is exactly how the character should speak, and it was great hearing his voice for Luigi.

Jack Black as Bowser was phenomenal, and the piano rock-ballad that he performs in the movie is both hilarious and catchy. In that moment, making him sound like Axel Rose but as a turtle-dragon was a brilliant choice. The song was laugh-out-loud funny and oddly sweet.

Anya Taylor-Joy and Keegan-Michael Key are both good as Princess Peach and Toad, but nothing about their performances stood out. Seth Rogan as Donkey Kong was also a fun addition, and he has some cool scenes with Mario.

This movie branches out the lore of the Mario world. It includes a look into Mario and Luigi's everyday life as plumbers, including seeing their family, which has never been done before.

It was exciting witnessing all the different power-ups from various games being used. I also loved seeing all the classic locations from the games, like Bomb-omb Battlefield and the Ice Kingdom. The penguins were especially cute and funny.

Though this movie has a lot of positives, there are some negatives too. It moves at a neck-breaking fast pace, and that hurts the movie tremendously. All the emotional parts of the movie happen way too fast, and it didn't allow me to connect with the characters and feel any of the emotional beats properly.

The movie's story is pretty bare bones, but that's nothing new for the Mario franchise, so it didn't bother me too much. I also didn't like that Mario and Luigi barely spent time together. I really wanted to feel their brotherhood and their bond, but I didn't get that, which was a disappointment.

If an extra 15-20 minutes were added to flesh out the characters, that would have strengthened the movie for me. Also there are way too many pop songs played during certain sequences.

I'm just glad we now have a decent Mario movie. Overall it's a fun film and perfect to take your kids to. There are two post-credit scenes, so make sure to stay through the credits.

It's a solid 8/10 for me.

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It's crunch time, remember to stop and smell the roses

Stress is not unique to college, start taking care of yourself now

We are tired. You too? You're not alone.

It's that time of the year, again. The end-of-the-semester slump is in full force. With the sun shining for what feels like the first time in months, it may seem impossible to find the time – or bandwidth – to spend time outside, or at the very least, do your work outside.

It's important to start enforcing positive habits now to deal with stress because it is not unique to college. It's something we'll have to cope with our whole lives.

According to the National Institutes of Health, taking the time to feel gratitude can improve your emotional well-being and help you cope with stress. You can do this in your head or in a journal.

A few other ways to cope with stress include meditation, exercise, talking to others and setting time to unwind.

EDITORIAL

There is always time to stop and prioritize your well-being. The American Psychological Association's "Stress in America 2020" found Gen Z young adults had significantly higher stress levels than any other generation.

We can all change that trend. As the semester comes to a close, think about ways to better your next semester or life after graduation.

Learning to manage your stress — and take care of yourself before it overwhelms you — is a skill that will serve you in every facet of life.

Whether you have three weeks or three years left in your college journey, stop and smell the roses. Enjoy every second. The stress may seem to consume all your emotional space, but this is still your college experience. So, every now and then, whether you're up to ears studying for finals, completing assignments, or planning for the future, remember this is all a part of the coveted college experience.

An experience doesn't mean it's all good. College is made up of good and bad times with happiness, sadness and everything in between. Give yourself the grace to experience them all fully.

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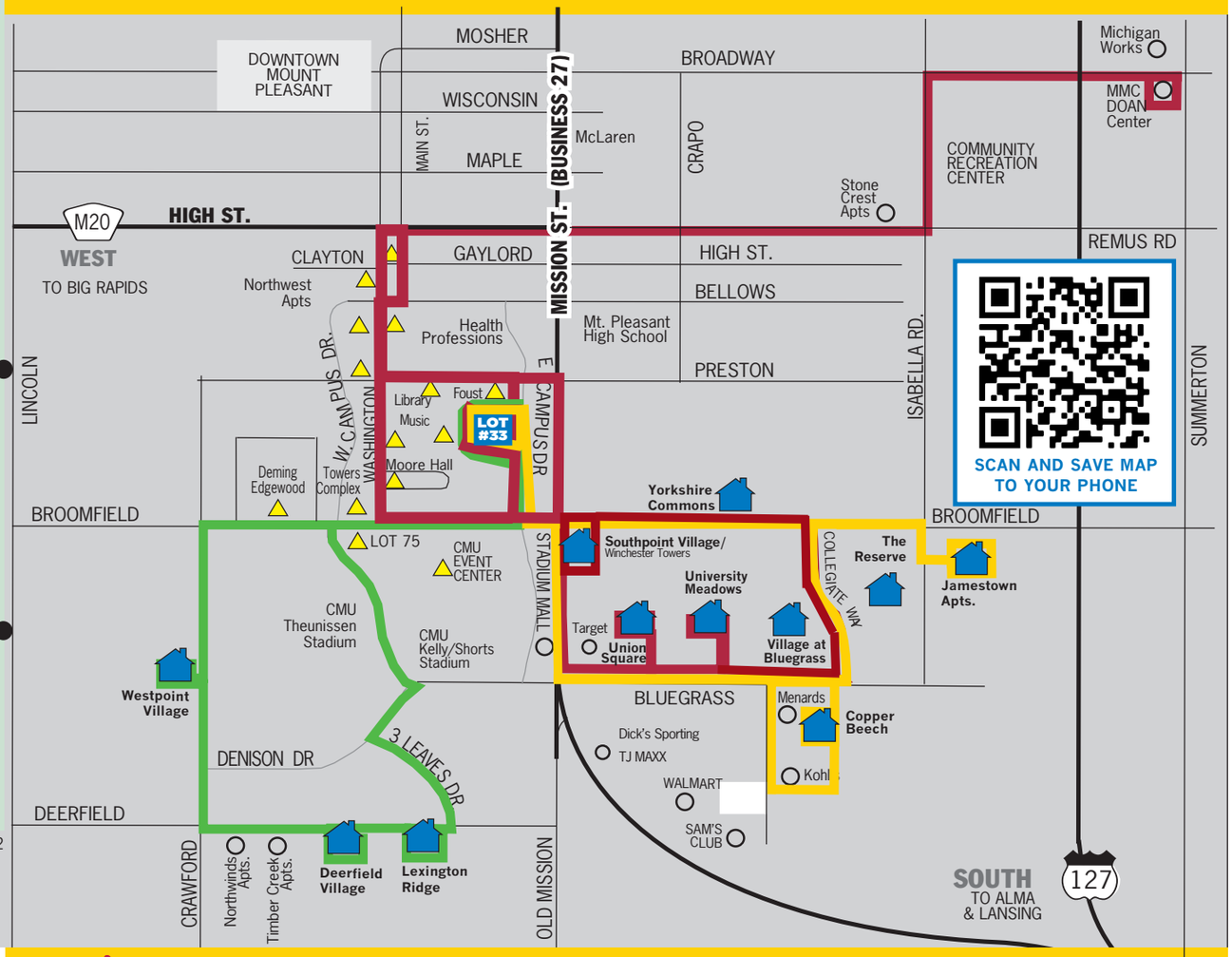

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